

### An Achievement Award for "Little Vis"



VVES Principal Vincent Chao (center) accepted the award from State Superintendent Jack O'Connell on behalf of the school leadership team.

Visitation Valley Elementary School (VVES), together with several other San Francisco public schools, received a state Title 1 Achieving School Award on April 29 in a special banquet ceremony held at the Airport Hyatt Regency. A monetary reward for the school will be forthcoming.

Attending the event was the school's leadership team, which included: Principal Vincent Chao; Patte Flores, reading facilitator; Halima Marshal, second grade teacher, union representative Christine Mauia, vice chair of the School Site Council; Edgar Morales, PTA president; and Lottie Cotton, student advisor. Assistant Superintendent Dr. Deborah Sims was also present to support the school team.

According to the award, the California Department of Education recognized the outstanding academic achievement of

Vion VVES and the ongoing commitment to meet the needs of all students by the entire school community."

With its diverse student population, VVES faculty and support staff have encouraged its 425 students in improving STAR test scores and more than meeting the API goals several years in a row. Programs offered include General Ed/English Language Development, Chinese Bilingual, a free-of-charge EXCEL multilingual after-school homework assistance program, computer technologies, visual and performing arts, and conflict resolution.

Students at VVES are also members of Junior Librarians, a safety patrol, and a competitive kickball team, as well as operating an on-campus general store.

Located at 55 Schwerin St., the school can be reached at 469-4796.

### Gasoline Prices Hit Record Highs in Northern California

A new report from AAA of Northern California reveals just how hard consumers have been hit by record high gasoline prices. Retail prices now set record highs on an almost daily basis and experts say there is no reason to expect significant relief anytime soon.

The statewide average cost of a gallon of regular unleaded is now \$2.31, up 44 cents per gallon from \$1.87 a year ago. San Francisco drivers are paying some of the highest prices in Northern California, an average of \$2.39 per gallon.

"We're concerned about the impact on people who are struggling to pay their bills," said Sean Conney, spokesman for AAA of Northern California, which tracks gas prices as a service to consumers. "These high prices can make it very difficult for some families to balance their budgets."

Several factors are contributing to the dramatic increase in consumer prices. Crude oil prices hit record highs this week. Worldwide demand for oil is on the rise. The booming economy in China now consumes much more oil than in the past. Anxiety among energy traders over political conditions in some oil producing countries also adds to the cost of oil.

In reaction to higher oil prices, OPEC has called an emergency meeting next weekend in Amsterdam to discuss officially increasing output by six percent. If the boost in production is approved, it may help bring oil prices back below \$40 per barrel. Lower crude oil prices could reduce some of the upward pressure on gasoline prices in the United States.

At the same time, demand for gas in the United States also typically increases in the summer as people take driving vacations, which usually results in higher retail prices at the pump.

Every California community tracked by AAA now pays more than \$2.20 per gallon on average. The statewide average price for a gallon of regular unleaded has increased by ten cents per gallon since the last AAA gas price survey on April 13. Many communities are paying even more: In South Lake Tahoe, the average price is \$2.42.

See Page 5

### Foster Grandparents Needed in Valley

The Foster Grandparent Program is looking for income eligible seniors over age 60 to work in child care settings in the Visitation Valley area.

Foster grandparents work in classrooms where they serve as mentors, tutors and caregivers for at-risk children while assisting the teaching staff with activities. A monthly stipend and transportation are provided.

On any given day, foster grandparents are greeted as valuable members of a care giving team with smiles and hugs by the children they serve. Life experiences and compassion they offer change the lives of the children as well as giving foster grandparents a sense of satisfaction in contributing to their future.

If you or someone you know is interested in becoming a foster grandparent, please call (415) 751-9786. The Foster Grandparent Program is sponsored by The Family Service Agency of San Francisco.

### Proposal Would Allow S.F. Immigrant Parents to Vote in School Board Elections

Community leaders, including educators, parents, students, immigrant advocates and elected officials gathered on the steps of City Hall on May 18 to announce their support of a ballot initiative that would allow immigrant parents with children in San Francisco's school system to vote in school board elections. The proposed November initiative was introduced by Supervisor Matt Gonzalez to the Board of Supervisors that day.

While the San Francisco Unified School District (SFUSD) does not keep track of the number of children of immigrants, roughly 37 percent of the City's population are immigrants, with 30 percent of all SFUSD students living in non-English speaking households.

Despite the disproportionate representation of immigrant children - many of whom are U.S. citizens - in San Francisco

classrooms, non-citizen immigrant parents are unable to vote for School Board members sensitive to the needs of their children.

"While all children have the fundamental constitutional right to an education, immigrant students don't have a voice that advocates for their needs," said Alan Wong, San Francisco student delegate to the Board of Education and student at Lincoln High School. "By voting, our parents will become more invested in the educational and democratic process."

Bertha Hernandez, an immigrant parent with two children in San Francisco public schools, understands the barriers faced by many immigrants in becoming citizens.

"Most immigrants are doing everything they can to attain citizenship, but face enormous and costly INS backlogs and bureaucratic red tape," she explained. See Page 2

### Disgruntled District 10 Residents Trying to Recall Supervisor Maxwell

A group of District 10 residents dissatisfied with Supervisor Sophie Maxwell on May 4 filed a notice to circulate petitions with the San Francisco Department of Elections.

Among the nearly one dozen complaints listed in the notice, the residents claimed that Supervisor Maxwell failed:

\*To actively address environmental issues and the concentration of illness and health hazards in District 10;

\*By supporting San Francisco Public Utilities Commission power and sewage plant expansion plans contrary to the requirements of the health, quality of life or economic issues faced by your constituents.

\*To take action in addressing the numerous murders and criminal

assaults in District 10.

"To assist constituents in District 10 in getting a fair share of jobs and business opportunities on projects like 3rd Street Light Rail and shipyard cleanup.

Other complaints centered on economic development concerns of District 10 businesses; being generally accessible and present during key community meetings; and showing leadership, accountability and transparency in performing duties on behalf of the constituents.

Maxwell said that those seeking the recall never approached her to discuss their grievances. Petitioners will need to collect at least 4,000 signatures from registered voters in District 10 to qualify the recall for the ballot.

### Celebration Honors Former Senior Director



Many neighbors were present to honor former senior director Pat Crocker.



Spinning the Bingo basket once again following the May 18 celebration.

Friends and neighbors packed the Visitation Valley Community Center (VVCC) gymnasium on May 18 to honor Pat Crocker, former senior director who recently retired from her post after nearly two decades of service.

Festivities included a cake and coffee celebration, followed by words of fond sentiment by several members of the VVCC community. Since 1984, Crocker had been the spiritual enlightener to a vast number of seniors, from neighborhood activities and celebrations to bowling excursions to Reno trips.

Most fondly recall her bellowing calls of letters and numbers during the many afternoons of Bingo at VVCC, a role she lovingly again reprised following the celebration.

### A Rise in California Housing Starts

SACRAMENTO - The state's homebuilding boom accelerated in March as permits issued for single-family homes jumped 35 percent from February and climbed 19.8 percent from March 2003, the California Building Industry Association (CBIA) recently announced. Including apartments, total housing starts

were up 25.2 percent from February and 18 percent from March 2003.

But CBIA President Sherman D. Harmer Jr. warned that policymakers should not be lulled into a sense of false security because of the increased housing production.

"The fact remains that our industry will not build enough homes and apartments this year to meet the growing demand for housing, let alone enough to start cutting away at the state's accumulated housing deficit," Harmer said.

"While more and more local officials are turning to ill-conceived government programs to solve the housing affordability crisis, they need to remember that until housing supply balances with demand, prices for new and existing homes will continue to climb, putting the American Dream of homeownership further out of reach for more working families."

For the first three months of 2004, permits issued for single-family homes climbed 6.4 percent compared to the same period a year ago, according to statistics compiled by the Construction Industry Research Board (CIRB). See Page 2

### Study for Stop Signs On Leland Avenue

During a May 11 meeting of the San Francisco Board of Supervisors, Supervisor Sophie Maxwell introduced a directive to the Department of Parking and Traffic to conduct an investigation on the feasibility to install traffic signals or stop signs at the intersection of Leland Avenue and Cora Street.

Deemed a necessity to control speeding traffic on Leland Avenue, the intersection has recently seen a considerable increase in pedestrians, especially after the recent opening of the adjacent Visitation Valley Playground clubhouse.

Also scheduled at the meeting was a notice regarding an ordinance sponsored by Supervisor Maxwell to create a Police Department Citizen Advisory Committee.

## Grapevine Mailbox

## On Preserving Racial Diversity in Public Schools

Racial and ethnic diversity in public schools is an indispensable element of an enriched educational experience for our children. Homogeneity in public education deprives school children of the opportunity to gain lifelong respect and appreciation for humanity's rich multicultural mosaic of languages, traditions, and histories.

Furthermore, history has shown that racially isolated schools promote structural inequality and resource inequity, both of which exacerbate the achievement gap for students of color.

Coleman Advocates acknowledges the value of neighborhood schools, both as a means of facilitating parental involvement and nurturing community engagement in schools.

However, we believe these factors are outweighed by the overarching goal of preserving racial diversity in public schools as a means of encouraging civic engagement across communities, promoting understanding between students of different races and ethnicities, and building a more pluralistic society.

Along with preserving racial diversity, ensuring resource equity for all schools in all neighborhoods and optimum achievement for all students must comprise the foundation of successful school reform efforts.

Maintaining racial diversity without overtly using race as a factor in the SFUSD student assignment process is inherently problematic. Coleman Advocates strongly supports the aims of the diversity index in the school assignment process and recommends that the diversity index be maintained and adapted as necessary to ensure that its goals are achieved. Finally, efforts to achieve diversity must extend into the classroom, and involve administrators, teachers, and parents to facilitate genuine interaction among students of different races, cultures, and ethnicities.

Coleman Advocates believes that significant resources must be devoted to addressing the transportation needs of public school students, particularly in the elementary and middle school grades. We believe that the city government shares a major responsibility in providing adequate transportation to students.

A timeline with practical benchmarks should be developed in collaboration with the City to establish and meet district-wide goals of maximum access with minimum travel time for all students.

Furthermore, gang rivalries and neighborhood tensions expose urban high school youth to significant safety risks; therefore, the SFUSD and the City share responsibility in establishing and maintaining transportation safety zones or corridors for high school students to and from school.

Coleman Advocates for Children and Youth

GRAPEVINE  
VISITACION VALLEY

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Executive Director: Julia A. Kavanagh Opinions expressed in the Grapevine are not necessarily those of VVCC. Copyright 2004 VVCC. All rights reserved.

## Five New Board Members for VVCC



The five newly elected board members at the Visitacion Valley Community Center lected on May 8 include: (counter-clockwise, from top right): Patte Flores, Johnson Hor, Dr. Veronica Hunnicutt, Nestor Regino, and Russel Morine.



Five new Board members were elected by the membership of Visitacion Valley Community Center (VVCC) at their annual meeting on May 8. They include: Patte Flores, Johnson Hor, Dr. Veronica Hunnicutt, Nestor Regino, and Russel Morine. Several other skilled and talented people have also offered their

services as leaders at VVCC.

The Community Center recently adopted a new Strategic Plan, and plans to updating its bylaws during the coming fiscal year. VVCC is also working to improve its existing programs and services, as well as adding needed services requested by the local community.

## FTC Challenges Claims of Balance Bracelet

The Federal Trade Commission has charged California-based marketers of the "Balance Bracelet," a purported pain relief product, with making false and unsubstantiated claims.

In its complaint filed in federal district court in Los Angeles, California, the FTC alleges that Media Maverick, Inc., operating out of San Luis Obispo, California, and its officers Mark Jones and Charles Cody, violated the FTC Act by deceptively claiming that the Balance Bracelet is a fast-acting, effective treatment for many types of pain.

According to the FTC, clinical testing has found that ionized bracelets, such as the Balance Bracelet, are no more effective at relieving muscular and joint pain than placebo (non-ionized) bracelets. The FTC is seeking permanent injunctive relief, including redress

to consumers who purchased the Balance Bracelet.

The Balance Bracelet is a C-shaped metal bracelet that is allegedly "electro-polarized" by an undisclosed process. The defendants promoted the bracelet through nationally disseminated 30-minute infomercials and on the Internet at www.balancebraceletusa.com. Their advertisements allegedly claimed that the Balance Bracelet relieves arthritis pain, joint pain, back pain, and injury-related pain, among other things.

The defendants' advertisements also allegedly claimed that pain is caused by excess static electricity in the body, which purportedly comes from an imbalance of positive and negative energy, and that the Balance Bracelet returns the body to its "natural ionic balance." The Balance Bracelet sells for \$79.90, plus shipping and handling.

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## A Rise in California Housing Starts

From Page 1

Total starts, including apartments, were up just 0.3 percent during the first quarter because of a decline in multifamily housing starts. However, that drop-off is due to an abnormally large number of permits pulled in February 2003. Multifamily production is far more volatile on a month-to-month basis than single-family construction, and CIRB expects that total multifamily production for 2004 will be higher than 2003.

In fact, CIRB now projects total California housing starts for 2004 will be 201,500, a 3.1 percent increase from 2003 and the most since 1989. If achieved, it would also be the first time since 1989 that California housing starts will total more than 200,000.

Strong demand for single-family homes was apparent in all parts of the state except the Central Coast, with the largest growth in Sacramento and the San Joaquin Valley, up 9.7 percent and 16.7 percent respectively.

Harmer, a San Diego home-builder, said the growth in the Central Valley and the continued strong production in the Inland Empire is being fueled by Californians searching for homes they can afford to buy.

"Due to growth control, high fees, and a scarcity of land that's approved for development in most of the coastal metropolitan areas, more and more California families wanting to buy a home have been turning to the Valley and the Inland Empire, where development is still welcome and homes affordable," Harmer said.

He said a growing number of cities in the Bay Area and Southern California have tried to "do something" about the housing crisis by enacting inclusionary zoning ordinances that require builders to

provide a certain percentage of new homes at below market cost.

"But a new study by two economics professors at San Jose State University shows just how unsuccessful inclusionary zoning is. Not only does it produce only a handful of new units each year, it drives up costs for the market-rate buyers who have to pay the hidden tax that pays for the programs - and it cheats the beneficiaries out of equity appreciation because their homes have price controls imposed," he said.

Harmer said CBIA is promoting legislation this year to make more land available for housing production, noting that the scarcity of land zoned and ready for development around the state is the largest factor in the rising cost of housing.

## Proposal for Immigrant Parents to Vote in S.F. School Board Elections

From Page 1

"It is unfair to ask parents to wait an average of 10 years to become citizens while their child goes through the school system."

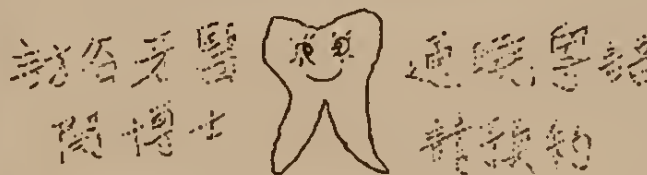
According to the U.S. Citizenship and Immigration Services, processing times for common immigration petitions increased from 40 to 100 percent over the past few years and application backlogs are at an all-time high.

San Francisco would be the first California city to allow immigrants to vote in local elections. In the past 25 years, jurisdictions in Maryland, New York, Illinois and Massachusetts have permitted immigrant voting.

"This initiative is about improving our city's educational system and educating immigrants in the democratic process," said S.F. Assessor-Recorder Mabel Teng, a supporter of the proposal.

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Come to Church This Week



## Micro-Minute by Mrs. Food

When you're hosting a party, those last few minutes before guests arrive can be really stressful, so here are a few handy microwave tips to help get you out of the kitchen quicker to enjoy your event!

\*Prepare cooked items in small or medium-sized microwave-safe dishes a day or two ahead of time then simply reheat them in the microwave during your event. Reduced food heating times will give you more time to spend with your guests.

\*Arrange appetizers on a microwave-safe tray after cooking, so they can be served straight from the microwave. That saves on time and dishwashing!

\*Some microwaves, like the Inverter microwave from Panasonic, have a "Keep Warm" feature that really does keep foods warm until you're ready to serve. This is perfect for when you need to be out of the kitchen for a while.

\*The flavors of cheese really come out when it is served at room temperature. If your guests are arriving shortly, and you don't have time to let it stand to remove the chill from the fridge, just remove any wrapping and heat at medium power for 60 seconds or so; be sure to keep an eye on it.

\*Whoops! You opened your package of potato chips and they were stale! Give them new life by spreading them on a microwave-safe plate and heating in the microwave at high power for between 15 and 60 seconds; let stand for a few minutes.

You know I always have a few tasty microwave recipes for you here, and these are sure crowd-pleasin', tried-and-true dishes. Yes, thanks to the quick cooking of our microwaves, we can be out of the kitchen in no time and joining our guests for all the...

"OOH IT'S SO GOOD!!!"

### Artichoke Spinach Spread

(10 to 12 appetizer servings) "This popular appetizer is a restaurant favorite that's sure to become a party-pleaser at home! It's great served with pita wedges and crackers, so have plenty on hand."

1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry; 1 package (8 ounces) cream cheese, softened; 3/4 cup grated Parmesan cheese; 1/4 cup mayonnaise; 1 teaspoon fresh lemon juice; 1/4 teaspoon ground red pepper; 1/4 teaspoon garlic powder; 1 can (14 ounces) artichoke hearts, drained and chopped

1. In a large bowl, combine all the ingredients; mix well.

2. Spoon the mixture into a microwave-safe 9-inch pie plate. Microwave at 80 percent power for 3 minutes, or until heated through. Serve immediately.

### Sweet-and-Sour Meatballs

(32 meatballs) "This multi-ethnic favorite pairs 'sweet' jelly with 'sour' lemon to create fabulous taste excitement. Serve these up on a platter with plenty of toothpicks...and it's party time!"

1 pound ground beef; 3/4 cup plain bread crumbs; 1/2 cup water; 1/4 cup coarsely chopped fresh parsley; 1 egg; 1-1/2 teaspoons garlic powder; 1 teaspoon salt; 1 teaspoon black pepper; 1/2 cup grape jelly; 1 jar (12 ounces) cocktail sauce; Juice of 1 lemon

1. Coat a microwave-safe 9" x 13" baking dish with nonstick cooking spray.

2. In a large bowl, combine the ground beef, bread crumbs, water, parsley, egg, garlic powder, salt, and pepper; mix well. Form into 32 equal-sized meatballs and place in the baking dish.

3. In a microwave-safe medium-sized bowl, melt the grape jelly at 80 percent power for 1 to 1-1/2 minutes. Stir in the cocktail sauce and lemon

juice then pour over the meatballs.

4. Microwave at 80 percent power for 7 minutes, or until no pink remains in the meatballs and the juices run clear. Serve.

### Cheesy Broccoli Bites

(About 3 dozen) "You know that broccoli cheese soup we all love? Well, I've turned that flavor into a quick-fix, bite-sized appetizer that we can have ready from our microwave in about five minutes!"

2 packages (10 ounces each) frozen chopped broccoli, thawed and well drained; 2 cups herb stuffing, crushed; 1 cup grated Parmesan cheese; 5 eggs; 1/2 cup milk; 1/2 cup (1 stick) butter, cut up; 1 small onion, finely chopped

1. In a large bowl, combine the broccoli, stuffing, cheese, eggs, and milk; mix well and set aside.

2. In a microwave-safe 9" x 13"

## Program Tells Story Of Fremont Older

The life and times of legendary San Francisco newspaper editor Fremont Older is the topic of a June 8 program of the San Francisco Museum and Historical Society, at the UCSF Laurel Heights Campus, 3333 California St. at 7:30 p.m.

John and Lana Ralston tell the story of the 40-year career of the editor of San Francisco's Bulletin, Call, and Call-Bulletin, closely involved in many of the controversial political and union issues of early 20th Century San Francisco.

Doors open at 7 p.m. and the program begins at 7:30 p.m. The Society's monthly programs, on the second Tuesday of each month, are free to the public and no reservations are needed. For more information, please call (415) 775-1111 or visit [www.sfhstory.org](http://www.sfhstory.org)

## Events at Valley Library

Following are events in June held on Tuesdays at the Visitacion Valley Branch Library, 45 Leland Ave. (at Desmond Street). Call 239-5270 for more information.

\*June 8: *Jimbo the Clown* (ages 3-5) at 10:30 a.m.

\*June 22: *Bouncin' Dan, the Paddleball Man. Amazing Tricks, Feats and Stunts*, followed by a celebration of S.F. Public Library's 125th birthday (ages 5 and older) at 2:30 p.m.

\*June 29: *Dragons Never Laugh*, a Puppet Show by Jennifer Levine (all ages) at both 11 a.m. and 2 p.m.

baking dish, combine the butter and onion. Microwave at 90 percent power for 2-1/2 minutes, or until the onion is tender. Add to the broccoli mixture; mix well.

3. Shape the broccoli mixture into 1-inch balls and place in the baking dish in batches. Microwave each batch at 90 percent power for 3 to 3-1/2 minutes, or until set. Serve immediately.

### Deep-Dish Taco Pie

(10 servings) "Ready, set, DIP into this flavorful dish from south of the border!"

1/2 pound ground beef; 1/2 pound mild sausage; 1 medium onion, chopped; 1 clove garlic, crushed; 1 can (16 ounces) refried beans; 1 cup mild salsa; 2 cups shredded sharp cheddar cheese; 1 cup sour cream; 1 large tomato, chopped; 1 can (2.25 ounces) sliced black olives, drained; 1 small avocado, diced

1. In a large microwave-safe bowl, combine the ground beef, sausage, onion and garlic. Cover with a paper towel and microwave at high power for 2 minutes. Using a wooden spoon, break up any chunks. Cover

and cook at high power for 3 minutes then drain.

2. Stir in the refried beans and salsa; mix well. Cover and cook for 4 minutes. Spread in a 10-inch deep-dish pie plate and sprinkle with cheese. Microwave at high power for 2 minutes, or until the cheese melts.

3. Spread sour cream over the cheese. Sprinkle the remaining ingredients over the top.

*Serving Suggestion:* Serve spooned over tortilla chips.

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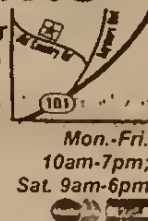
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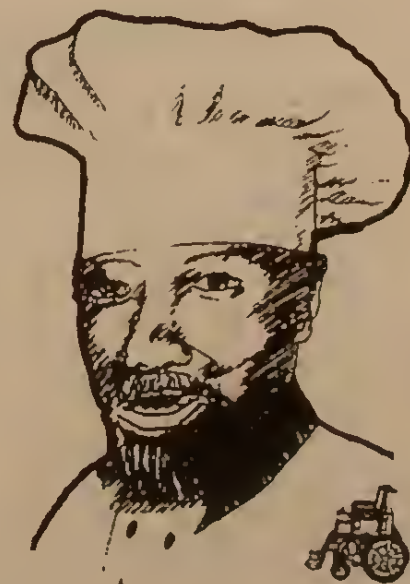
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## Book Reviews

### Money in Real Estate

With today's overheated housing market, it seems like most homes practically sell themselves. As a result, many people are asking themselves whether it's worth it to pay a Realtor thousands of dollars to find a buyer for a home that's in high demand.

One book that helps answer this all-important question is "Sell Your Home and Save Thousands on the Commission" (Wiley, \$19.95), by Robert Irwin. In this handy volume, Irwin explains the numerous ways to lower the commission you pay. All it takes is knowledge of the selling process and basic negotiating skills.

Another useful tome for people just getting started in the real estate game is "The SmartMoney Guide to Real Estate Investing" (Wiley, \$16.95), by Gerri Willis. This volume touches on topics that hit readers close to home: the purchase, finance and renovation of their biggest single investment, whether it means buying a vacation home, an apartment building or shares in a real estate investment trust.

### Caught Up in Low-Carbs

Before you jump aboard the low-carb craze, you may want to look before you leap. Doctors remind us it's not the carbs, it's the cortisol!

"Cortisol, a fat-storing hormone is the chief culprit in making people fat," says Dr. Shawn Talbott, an adjunct professor at the University of Utah. Talbott, a nutritional biochemist, is the author of *The Cortisol Connection-Why Stress Makes Us Fat and Ruins Your Health*.

"From the moment we wake, we're bombarded with stress," he points out. "Each stressful moment-work, relationships, bills, dieting-releases more cortisol into the blood stream. Cortisol causes blood sugars to rise, appetite and cravings to increase, and signals the body to store stubborn abdominal fat."

According to Dr. Talbott, formulator of CortiSlim, a popular cortisol-control, weight loss supplement, just thinking about that savory pizza you're missing can cause your cortisol levels to spike.

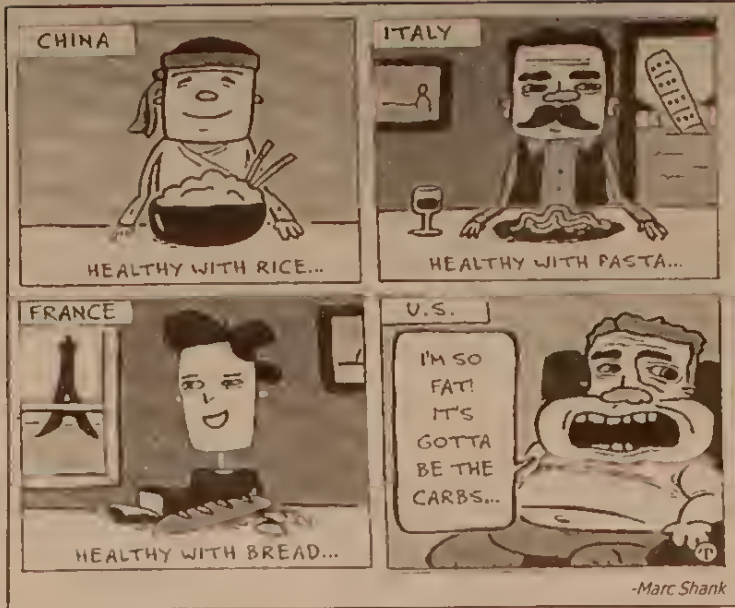
Dr. Talbott believes the key to consistent, healthy and gradual weight loss is getting a handle on your cortisol levels through nutrition, exercise and dietary supplements.

Starting a low-carb diet? Consider these tips:

1. Remember, your brain needs at least 100 grams of carbohydrates daily (to function optimally) much more than allowed on most low-carb diets.

2. Controlling the cortisol hormone can help keep carb cravings from sabotaging a low-carb diet.

3. Certain weight loss supplements, such as CortiSlim, can help



you overcome that need for carbs and sweets. For more information, call 1-888-754-6189.

4. Low-carb diets can result in weight loss, but only when accompanied by reduced caloric intake and only if you stick to them. (Drop out rate is typically 50 percent or higher for low-carb diets).

5. Many of the new low-carb products have the same, if not higher, calorie counts as higher-carb products and calories still count.

After 15 years of research into cortisol (a primary stress hormone) and its impact on weight gain, Dr. Talbott is convinced that controlling cortisol levels is the key to losing weight.

"When cortisol levels ease, carb cravings are also greatly reduced and people start losing weight naturally," he added.

To learn more about cortisol, visit [www.cortisol.com](http://www.cortisol.com).

### Guide Ranks 403 Cities

Virginians are sitting pretty. How about the people in your city?

Analyzing more than 400 metro areas in the U.S. and Canada, the new book, "Cities Ranked & Rated" (Wiley, Inc., ISBN: 0-7645-2562-X; March 30, 2004; 832 pages; \$24.99) is the ultimate sourcebook for anyone looking to find the best place to live depending on specific criteria they are interested in.

This in-depth resource goes beyond other ranking systems, giving readers the power to find the city that's truly right for them. Each city is ranked on 10 major criteria: Economy & Jobs, Cost of Living, Climate, Education, Health & Healthcare, Crime, Transportation, Leisure, Arts & Culture, and overall quality of life.

This book finally boils down all the variables into an overall city rating. Charlottesville, VA comes out on top, followed by Santa Fe, NM at #2; San Luis Obispo-Atascadero-Paso Robles, CA at #3; Santa Barbara-Santa Maria-Lompoc, CA at #4; Honolulu, HI at #5; Ann Arbor, MI at #6; Atlanta, GA at #7; Asheville, NC at #8; Reno,

NV at #9; and Corvallis, OR rounding out the top 10.

The nation's least desirable places to live, meanwhile, are Laredo, TX and Stockton-Lodi, CA, both of which score a 0 on Cities Ranked and Rated's 100-point scale. Laredo's "constant bustle, lack of intellectual stimulation, poverty, high crime rate and heat will try almost anyone's patience," the book's authors say.

Canada's number-one city is Vancouver, according to the book; Sudbury, ON languishes at the bottom of the Canadian pile.

The book is unique in that it examines the "quality of life" and the character of a place and not just cold, hard data. It also examines "crossover" qualities, i.e. "Climate Bargains" (low cost of living and favorable climate), Cultural Bar-

## Healthy Ideas

\*Most people don't get all of the nutrients they need from their daily diet, and supplements can help fill in the gap. As people age, their metabolic rates slow down, which causes slower cell turnover in the skin, giving skin a dull and rough surface appearance. Antioxidants such as vitamin A retinol/beta carotene can help with skin renewal. Vitamin C and Copper can help improve collagen, which helps support skin firmness and elasticity. A new option for women looking to supplement is Olay Vitamins. It's a new line under the Olay brand developed by doctors and nutritionists to meet a woman's individual health and beauty needs. They use a system approach, which makes it easy for a woman to customize a regimen by choosing Beauty Nutrients and Wellness Nutrients that are right for her. They're available in the vitamin aisle of most grocery, mass and drug retailers nationwide.

\*New research indicates that the number of senior citizens subjected to potentially dangerous over-medication has more than doubled since 1999. The research, released by pharmacy benefit manager Medco Health Solutions, Inc. in conjunction with its 2003 Drug Trend Report, reviewed the prescriptions of 6.3 million seniors and found approximately 7.9 million issues of concern with these prescriptions, including inappropriate medications, excessive dosages and drug interactions. The research indicates a need for better communication among doctors, pharmacists and patients. NAPS

### Crossword Puzzle Solution

ASA	PART	LASS
AIN	BINA	ALEE
ROT	SMALL	SPAR
ENID	LAC	
TAGAL	BABEL	
SPO	RADIC	REDE
LOX	DAMON	AGA
ACIS	MAKEOVER	
TONKA	NERVE	
IDA	ORAL	
EMANATION	OMA	
THIN	ECHT	ILL
HOLY	SASH	LAI

gains (low cost of living and strong arts and culture assets), large cities with below average commute times and so forth.

This is a new direction for America's #1 publisher of travel guides. Since 1957, Frommer's has given travelers the inside scoop on

what to do when they're away from home; now, the publisher is making sure travelers have the best possible place to come home to. The book is written by Bert Sperling, one of the nation's top experts on places to live, and researcher and analyst Peter Sander. NAPS

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### Sr. Assistant & Jr. Stylist Program PHOTO SHOOT OPPORTUNITY!

At Body, Soul & Spirit Salon, we encourage our clients to visit our new Senior Assistants and Junior Stylists. Please, don't feel embarrassed or intimidated! Your satisfaction is what matters to us. We want to give our valued clients the opportunity to Be A Model, opting to be serviced by our licensed apprentices and technicians with confidence.

Also receive the opportunity to participate in our salon's next PHOTO SHOOT! Photos will be used on our website and in promotional materials. We believe that excellence includes carefully selecting members to our "BSS Family." We have a commitment to continued education, a higher standard of client relations and a positive salon environment, while maintaining a professional atmosphere.

Our Sr., Assistants and Jr. Stylists will be trained professionals providing quality hair care services at

### REDUCED PRICES!

**\*25% TO 40% OFF!\***

These "technicians-in-training" are developing required skills to complete the BSS Stylist Certification Program.

All services by Sr. Assistants or Jr Stylists will be under the supervision of a BSS Senior Stylist.

(Contact Us for More Details)

## Church of the Visitation

Roman Catholic (1907)

### 97 Years in Visitation Valley

Daily Masses  
(Mon-Fri) 7 a.m. & 5:30 p.m.

Saturday Masses  
7:30 a.m. & 5 p.m.

Sunday Masses  
8 & 9:30 a.m. (11 a.m. Spanish)  
12:30 & 5 p.m.

Our Lady of Visitation School  
Grades K-8  
239-7840

Religious Education: Grades K-8 (Saturday only) 239-6723

*Come, Let us worship together!*

655 Sunnydale Avenue  
San Francisco, CA 94134-2838  
(415) 239-5950

Rev. Zachary J. Shore, Pastor



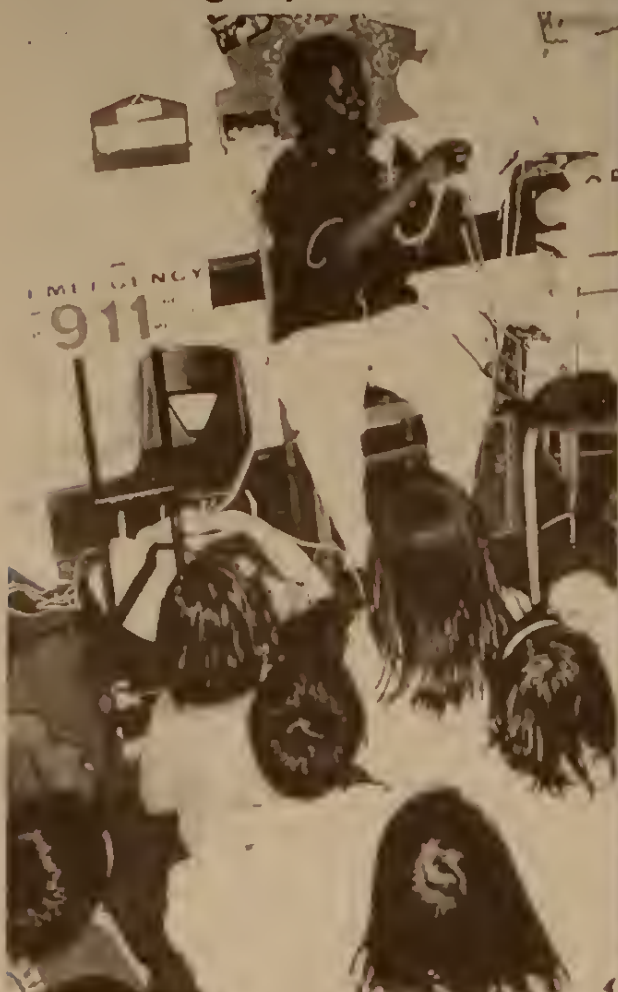
## FREE CERAMICS CLASS

For everyone 18 and older at  
Visitation Valley Community Center,  
66 Raymond Avenue  
Tuesdays from 9 a.m. to 4 p.m.

*Very therapeutic and fun. You do not need to stay the entire day...come for as long as you like.  
We have a wonderful teacher to assist you.*

For more information, call the  
VCC Senior Program: (415) 467-4499

## A Learning Experience at Visitacion Valley Elementary School



(Above) Ms. Denisha of City Emergency Services trained VVES Kindergarten students in using 9-1-1. (Upper right) All VVES third-graders checked out new student dictionaries they had just received, donated by the California Dictionary Project in Oakland. (Right) A volunteer from S.F. School Volunteers presented a new dictionary to third-grader Wilson.



Bringing state-of-the-art technology to low income neighborhood after-school programs, CBOs and schools, an eBus with more than a dozen computers made a recent stop at Visitacion Valley Elementary School (VVES), exposing students to innovative technology and educational software. The bus is partly funded by the Wells Fargo Foundation.



VVES students enjoyed an online geography instructional game.



Working hard? Having fun? Both? The eBus at VVES was truly a fun learning experience for all of the students.

## Gasoline Prices Hit Record Highs in Northern California

From Page 1

The lowest price among Northern California cities tracked by AAA is in Tracy, where gas is still hardly a bargain at \$2.21. Throughout Northern California, drivers are paying an average of \$2.29. In the Bay Area, the average price is \$2.30. The nationwide average price is \$2.00 per

gallon, also a record high price and the first time the average price across the country has crossed the two dollar threshold.

"Many drivers can't significantly reduce the amount of fuel they use. It's not like they're out joyriding in a Winnebago," said Comey. "They need their cars to go to work, to

take their kids to school and to go shopping. When prices go up, a lot of people don't have any realistic alternatives. They have to pay."

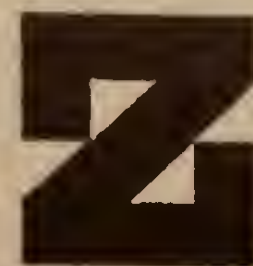
AAA's Fuel Gauge Report is the most comprehensive retail gasoline survey available, with over 60,000 self-serve stations surveyed everyday nationwide.



**Cathy Kline Saunders**

Broker Associate

**215 WEST PORTAL AVENUE  
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Grapevine Puzzler

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A L R B R D E R T A Y U U T E R E I G M  
L O L C E R R T Y D R T Y M E R T F H G  
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W F D O K K R A P E U G A E L I C G B U  
C G D F B V B G N A T I L O P O R T E M

Arlington Stadium	Griffith Stadium	Seals Stadium
Atlanta-Fulton	Kingdome	Shibe Park
County Stadium	League Park	Sick's Stadium
Colt Stadium	Metropolitan	Sportsman's Park
County Stadium	Stadium	Three Rivers
Crosley Field	Polo Grounds	Stadium
Ebbets Field	Riverfront	Veterans
Forbes Field	Stadium	Stadium

Historic Proportions

Match clues to answers.

1916

1. They set a record on Sept. 25 winning 21 baseball games in a row.
2. He became prime minister of Great Britain on Dec. 5.
3. Mining disaster here killed 162 workers on June 8.
4. Germany attacked French fortresses here on Feb. 26.
5. First unified West Coast waterfront workers strike started here on June 1.
6. Democratic Convention was here in June.
7. U.S. Supreme Court found this constitutional on Jan. 24.
8. Country signed treaty of alliance with Russia on July 6.
9. First woman elected to U.S. Congress on Nov. 7.
10. He was re-elected U.S. President on Nov. 11.
11. A U.S. protectorate on Feb. 28.
12. World Series winners on Oct. 12.
13. Commander led American troops into Mexico in March.
14. Nominated the Republican candidate for president on June 10.
15. U.S. Marines land here on

Five Years Ago In the Grapevine

JUNE 1999

\*San Francisco Human Rights Commission passed a Resolution honoring the memory of Wha Sook "Sugi" Kim, a San Francisco businesswoman and humanitarian, who was killed Apr. 3 during a robbery of her store.

\*More than 30 students from Visitacion Valley Elementary School took part in performing at an annual musical event on May 29 at Sigmund Stern Grove.

\*A full house was on hand at the Visitacion Valley Community Center on May 22 as State Senator Jackie Speier and her staff hosted the first of several planned pancake breakfast and town hall meetings to be held at various locations in her district.

Sump, the Grump



Did You Know?

\*America's favorite shade tree, the Elm, is finding its place in the sun once more. A new American elm variety, developed by the U.S.D.A. United States National Arboretum, has been proven to resist Dutch elm disease, which in the last 70 years has killed more than 70 million elm trees. The Valley Forge Elm possesses the classic American elm tree shape, transplants easily, grows fast and tolerates poor and compacted soils. To learn more, visit [www.botanyshop.com](http://www.botanyshop.com) or call 1-888-855-3300.

\*According to experts at Michelin, checking tires seasonally can lead to year-round safety. While many drivers check their tires before winter, they sometimes forget there are three other seasonal changes that can affect tires. Be sure to check tire pressure monthly and before any trip. Properly inflated tires will improve fuel mileage, ride performance and vehicle handling. Underinflated tires cause the tread to wear faster and unevenly. Worn tires may indicate a host of problems, such as misalignment, tire and wheel imbalance or suspension problems. Worn tires can also contribute to hydroplaning, the skimming effect caused by tires losing contact with a surface covered by water.

\*In 1947, the first wireless phones were being developed as a type of two-way radio-but frequencies were limited-allowing only 23 simultaneous calls in one service area. Today, business people are among the more than 100 million wireless phone users in the U.S. By 2005, the number is expected to hit 1.2 billion worldwide, according to the Cellular Telecommunications Industry Association. Today's entrepreneurs have many choices, making it easier to save time and money. For example, an integrated communications provider such as Sprint can provide everything a growing business needs-local and long distance service, high-speed Internet access and wireless.

\*Before making the switch to digital photography, there are a few things to consider, say experts at the Consumer Electronics Association (CEA). First, look at the number of pixels a camera has. Higher pixels equal better prints, but a more expensive price tag. Also be sure to check out the peripheral devices (USB cables, docking stations, printers) you will need to print, edit and store your digital images. To learn more, visit the CEA Web site at [www.CE.org](http://www.CE.org).

\*There are ways to reduce homeowner's insurance bills. According to the experts, you should start by shopping around. Check with different companies to get rate quotes. You can use the Internet to get online quotes, such as the ones at MSN Money. Also, raise your deductible. That's the

No Long Hair Driving

A young boy had just gotten his driving permit. He asked his father, who was a minister, if they could discuss his use of the car. His father said to him, "I'll make a deal with you. You bring your grades up, study the Bible a little, and get your hair cut, then we'll talk about it."

A month later the boy came back and again asked his father if he could use the car. His father said, "Son, I'm really proud of you. You brought your grades up, studied the bible well, but you didn't get your hair cut!"

The young man waited a moment and then replied, "You know dad, I've been thinking about that. Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair."

His father replied, "Yes son, and they walked everywhere they went."

As a Matter of Fact

\*French Impressionist Claude Monet obtained the money that gave him the freedom to roam around the countryside and paint by winning 100,000 francs in 1891 in the state lottery, which made him financially independent.

\*The homeland of the first immigrant processed at Ellis Island was Ireland. Her name was Annie Moore and she was from County Cork. She passed through on January 1, 1892.

\*The Roman Emperor Augustus, it's said, was so afraid of thunder he would hide in a closet whenever a thunderstorm came up.

\*Only one mountain peak on the North American continent is higher than 20,000 feet. The southern peak of Alaska's Mount McKinley reaches 20,320 feet.

\*When you cross from the Atlantic to the Pacific through the Panama Canal, you are heading in a southeasterly direction.

\*Many historians consider Japan's ruling dynasty to be the oldest in the world. Legend assigns the date 660 B.C. to the reign of the first emperor.

\*The first animated movie to receive an Academy Award nomination for Best Picture was *Beauty and the Beast* in 1991. It lost to *The Silence of the Lambs*.

\*Bacteria was first seen in 1676 by Anton van Leeuwenhoek, a Dutch merchant. He is often called the father of bacteriology.

\*The musical group Fine Young Cannibals took its name from the title of the 1960 film *All the Fine Young Cannibals*.

\*Wool was introduced to America in 1541, when the explorer Coronado brought several of his favorite sheep to southwestern North America.

\*The word *bowl* can be traced back to the Latin word for bubble, *bullula*.

\*Aphra Behn (1640-1689), the first woman in England to become a professional writer, also worked as a spy for King Charles II of England.

\*The character most frequently portrayed on the screen is Sherlock Holmes, created by Sir Arthur Conan Doyle.

\*The word *millennium* comes from combining the Latin words for *one thousand* and *year*.

\*The title of the Disney film *Fantasia*, (1940) means "a free (musical) composition structured according to the composer's fancy."

\*John Sebastian Bach was not just considered "the greatest genius of baroque music," he was also a father to 20 children, several of whom became musicians.

\*Someone considered *beetle-browed* does not necessarily have anything to do with insects. The word comes from the Anglo-Saxon *beotian*, meaning "to menace."

amount of money you have to pay toward a loss before your insurance kicks in. Buy your home and auto policies from the same company. Some companies will give you a multi-line discount. For more on meeting your insurance needs, visit CNBC on MSN Money (<http://www.money.msn.com>) or use the financial planning tools within Microsoft Money software.

\*According to experts at Diversified Investment Advisors, one thing most people could learn from professional financial advisors is that in troubled times, they should avoid making major portfolio changes. After selecting the right mix of assets to suit your goals and your investment time horizon, tweak your portfolio if needed, rather than making sweeping changes. For example, if you have a target mix of 60 percent stocks, 30 percent bonds and 10 percent cash, you could adjust each component of that mix up or down by just a few percentage points in response to changing market conditions. For more information on investing and saving for retirement, visit [www.divinvest.com](http://www.divinvest.com).

\*An increasing number of studies with young children support the theory that music making contributes to the development of essential cognitive systems, which include reasoning, creativity, thinking, decision-making and problem solving. With this in mind, today's preschoolers are now able to learn their lessons through the repetition, rhythm and rhyme of musical sounds and lyrics with help from Learn Through Music. This new, interactive early learning system from Fisher-Price helps toddlers between 18 months and 4 years develop the building blocks of learning with their favorite friends from Barney, Blue's Clues, Dora the Explorer and Sesame Street.

\*A national survey shows that kids who volunteer their time develop an invaluable sense of compassion towards others and a deeper understanding of the world around them. One opportunity is a program run by Scholastic Book Clubs called ClassroomsCare. For the third year in a row, kids get to read books in their classrooms, and for every 100 they read, the club donates 100 books for a total donation of two million books to underprivileged kids who cannot afford to buy books. For more information about the ClassroomsCare program, visit [www.scholastic.com/classroomscare](http://www.scholastic.com/classroomscare) or talk to your child's teacher. Experts say it is never too early to learn about giving to others.

NAPS

Crossword Puzzle

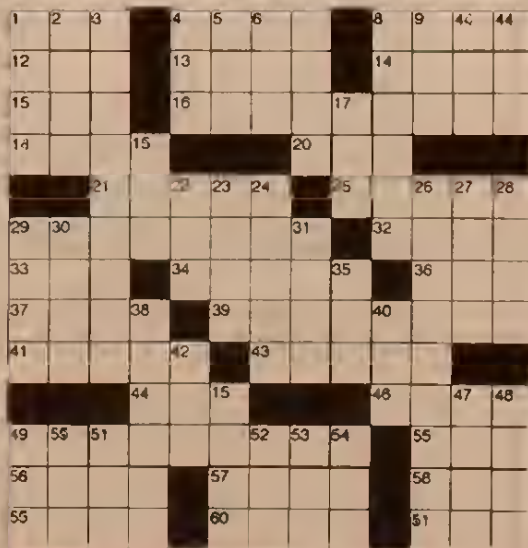
Solution on Page 4

ACROSS

- 1 Son of Abijah
- 4 Porton
- 8 Female
- 12 Own (Scot.)
- 13 Hindu stringed instrument
- 14 Toward shelter
- 15 Sheep disease
- 16 Spirit (2 words)
- 18 Camelot lady
- 20 Vamish ingredient
- 21 Straw braid
- 25 Confusion
- 29 Occasional
- 32 Counsel
- 33 Rocket fuel
- 34 Friend of Pythias
- 36 Turk. title
- 37 Galatea's beloved
- 39 Redo
- 41 Pleasant-smelling bean
- 43 Tooth pulp
- 44 Mountain on Crete
- 46 Spoken
- 49 Aura
- 55 Tumor (suf.)
- 56 Lank
- 57 Very (Ger.)
- 58 Pronoun contraction
- 59 Consecrated
- 60 Door part
- 61 Indo-Chin. People

DOWN

- 1 Rhine tributary
- 2 Condition (suf.)
- 3 Serum
- 4 Television channel



- 5 Objective
- 6 Genetic letters
- 7 Lofty
- 8 Chilean volcano
- 9 Peak
- 10 Body of water
- 11 Serum (pref.)
- 17 Science class
- 19 Daughters of the American Revolution (abbr.)
- 22 Son of Zilpah
- 23 Canique de

- Noel composer
- 24 Marsh
- 26 Castor (2 words)
- 27 Restive
- 28 Shak King
- 29 Lath
- 30 Little music
- 31 Industrial fuel
- 35 Grandfather of Saul
- 38 Gaunt
- 40 Egg (pref.)
- 42 Amer. Dental Assn

- (Abbr.)
- 45 Sweetsop
- 47 E. Indian tanning tree
- 48 New sugarcane shoot
- 49 Number (suf.)
- 51 Trouble
- 52 Amazon tributary
- 53 Exclamations of delight
- 54 Ultimate degree

## Visitation Valley Police Report

### Vicious Dog Removed From Raymond Avenue

Animal control officers on Apr. 26 confiscated a vicious dog from its owners following a confrontation at Visitation Valley Middle School (VVMS) with a local man.

The dog, which attacked and killed a man's pet dog on Apr. 9, had originally been ordered incarcerated at its owners' residence at 451-53 Raymond Ave. but was on a leash being walked on Raymond Avenue when it accosted a pedestrian walking another dog on the sidewalk in front of VVMS. Although no injuries were sustained in the latter attack, reports from other neighbors citing similar previous encounters prompted the animal's immediate removal. A hearing on May 6 deemed the dog eligible for a temperament study by the Behavioral Science Department of UC Davis.

### Police Officer Dragged By Suspect Vehicle

On Apr. 27 at about 1 p.m., two officers on uniformed patrol in a marked police vehicle initiated an investigative vehicle stop on the 1000 block of Sunnydale Avenue because they recognized the driver as a person of interest. The officers got out of their patrol car to approach the driver. The officer who was the passenger opened the passenger door of the suspect vehicle, whereupon the driver threw his car into reverse, catching the officer between the door and the vehicle, dragging him. While being dragged, the officer fired at the suspect. It is not known whether or not the suspect was hit. The officer who was dragged was treated at S.F. General Hospital and released.

### Two Valley Residents Shot in Home Invasion

Two Valley residents were shot by an intruder who burst into their home on the 500 block of Somerset Street on May 2. The intruder entered the residence about 1:15

a.m. and bound both victims at gunpoint before shooting one person in the head and the other in the chest. Neither victim would provide any information about the gunman, who fled the scene following the shootings.

### Three Injured in Sunnydale Shootings

Three people were injured by stray bullets May 13 just after 10 a.m. when three gunmen opened fire on a man walking along Santos Street near Brookdale Avenue within the Sunnydale housing complex. The man sustained four gunshot wounds in the legs, while a teenage girl was struck in the hand and an elderly woman was grazed on the arm.

### Crime Summaries

\*Apr 19 8:30 a.m., 100 block of Britton St., battery  
\*Apr 20 7:30 p.m., Velasco Ave. near Castillo St., malicious mischief, breaking windows  
\*Apr 21 8 a.m., 1500 block of Sunnydale Ave., burglary of residence, unlawful entry  
\*Apr 21 1:30 p.m., Girard St. & Ordway Ave., grand theft from locked auto  
\*Apr 21 5:25 p.m., San Bruno Ave. & Somerset St., robbery on street, strongarm  
\*Apr 21 9:47 p.m., Santos St. & Brookdale Ave., robbery, armed with gun  
\*Apr 21 10:40 p.m., Rutland St. & Campbell Ave., attempted robbery on street with gun  
\*Apr 21 10:54 p.m., Leland Ave. & Elliot St., arson of a vehicle  
\*Apr 22 9 a.m., Mansell Ave. & Hamilton St., petty theft of property  
\*Apr 24 9:10 p.m., 1500 block of Sunnydale Ave., aggravated assault with knife  
\*Apr 24 6 p.m., Girard St. & Ordway Ave., stolen truck  
\*Apr 24 11:10 p.m., Sunnydale Ave. & Hahn St., malicious mischief, vandalism  
\*Apr 26 4 a.m., Girard St. & Harkness Ave., stolen auto  
\*Apr 26 9 p.m., Sunnydale Ave. & Hahn St., malicious mischief, vandalism  
\*Apr 26 10:47 p.m., Tunnel Ave. & Bayshore Blvd., battery  
\*Apr 27 1:23 p.m., Blythdale Ave. & Santos St., aggravated assault with deadly weapon  
\*Apr 27 4:40 p.m., Sunnydale Ave. & Hahn St., malicious mischief, vandalism  
\*Apr 28 12:01 a.m., Boudoin St. & Mansell St., burglary of residence, forcible entry  
\*Apr 29 2:52 p.m., 100 block of Raymond Ave., malicious mischief, vandalism  
\*Apr 29 7:25 p.m., 000 block of Raymond Ave., robbery on street, strongarm  
\*Apr 30 4 p.m., 1600 block of Sunnydale Ave., vehicle recovered, other vehicle  
\*Apr 30 4:35 p.m., 1500 block of Sunnydale Ave., vehicle recovered, auto  
\*Apr 30 9:30 p.m., 000 block of Wabash Ter., battery  
\*Apr 30 10 p.m., 200 block of Elliot St., stolen auto  
\*May 1 5:45 a.m., 200 block of Raymond Ave., stolen auto  
\*May 2 9 p.m., Leland Ave. & Peabody St., stolen auto  
\*May 3 12:56 p.m., Delta St. & Wilde Ave., vehicle recovered, auto  
\*May 3 1:08 p.m., Campbell Ave. & Somerset St., vehicle recovered, auto  
\*May 4 7:40 a.m., Sunnydale Ave. & Desmond St., vehicle recovered, auto  
\*May 4 2:30 p.m., 200 block of Argonaut Ave., recovered vehicle stolen outside S.F.  
\*May 5 5:30 p.m., Bayshore Blvd. & Sunnydale Ave., malicious mischief, vandalism  
\*May 6 5:30 p.m., 300 block of Raymond Ave., stolen auto  
\*May 7 100 block of Leland Ave., grand theft of property

\*May 7 9:30 p.m., 100 block of Blythdale Ave., battery  
\*May 8 2:01 a.m., San Bruno Ave. near Wilde Ave., battery  
\*May 8 9:01 a.m., 100 block of Blythdale Ave., burglary, hot prowl, forcible entry  
\*May 8 6:17 p.m., 1600 block of Sunnydale Ave., battery  
\*May 9 1:14 a.m., 2100 block of Bayshore Blvd., burglary of store, attempted forcible entry  
\*May 9 9 a.m., Bayshore Blvd. & Blanken Ave., grand theft from person  
\*May 10 9 a.m., San Bruno Ave. & Wilde Ave., battery  
\*May 10 9:30 a.m., San Bruno Ave. & Wilde Ave., vandalism  
\*May 11 5:55 p.m., Leland Ave. & Rey St., battery  
\*May 11 7:10 p.m., 000 block of Argonaut Ave., malicious mischief, vandalism  
\*May 12 3 a.m., 100 block of Campbell Ave., malicious mischief, vandalism of vehicles  
\*May 12 10 a.m., 400 block of Raymond Ave., battery  
\*May 13 8 p.m., Rutland St. 7 Campbell Ave., stolen truck  
\*May 13 9:15 p.m., Blythdale Ave. & Hahn St., vehicle recovered, auto  
\*May 14 12:11 a.m., Alpha St. near Arleta Ave., robbery on street with gun  
\*May 14 6 p.m., Brookdale Ave. & Santos St., stolen truck  
\*May 15 12:45 p.m., San Bruno Ave. & Wilde Ave., vehicle recovered, auto  
\*May 15 9 p.m., 3900 block of San Bruno Ave., stolen auto  
\*May 16 2:53 p.m., 100 block of Blythdale Ave., battery of a police officer  
\*May 18 12:01 a.m., Sunnydale Ave. & Rey St., stolen auto  
\*May 19 2:32 p.m., Sunnydale Ave. & Santos St., recovered vehicle stolen outside S.F.  
\*May 19 11 p.m., Elliot St. & Teddy Ave., stolen auto

### FTC Settles with Deceptive Spammers

The Federal Trade Commission has settled charges that Brian Westby and Martin P. Bevelander employed spam that used deceptively bland subject lines, false return addresses, and empty "reply-to" links to expose unsuspecting consumers, including children, to sexually explicit material. The agency alleged that Westby and Bevelander used the spam in an attempt to drive business to adult Web sites titled "Married But Lonely."

The settlement bars the use of false subject lines and false header information in e-mail and requires that the defendants give up \$112,500 in ill-gotten gains. The activity in this case predates the CAN-SPAM Act, which became effective on January 1, 2004.

In April 2003, the FTC filed suit charging that the defendants sent spam with subject lines that would disguise the contents of the e-mail. For example, subject lines have included "Did you hear the news?" and "New movie info."

When consumers opened the e-mail messages, they immediately were subjected to sexually explicit solicitations to visit the defendant's adult-oriented Web sites. Because of the deceptive subject lines, consumers had no reason to expect to see such material.

## Poor Rix's Almanac

Dear Poor Rix: Here's a question that is right up your alley! Why do they call the U.S. State Department "Foggy Bottom?" - Jerry

Great question, Jerry! Poor Rix figured "Foggy Bottom" was some Congressman's nickname.

Actually, Washington, D.C.'s Foggy Bottom got labeled in the 19th century by inhabitants who claimed this swampy region filled with evening fog. Those low areas became even denser as the fog mixed with smog from the gas works nearby.

Today, in addition to private residences, the area houses both the Watergate and the State Department.

Some famous people probably live there, too, but I don't have the foggiest idea who they are.

Poor Rix: My wife went out for smokes, and said she'd be "back in 15." It's been 14 years now. Should I wait a little longer? - Any Day Now

If you've gone that long without a cigarette, you probably don't smoke anymore.

But seriously, it sounds to me like Rix that either (1) your wife is officially missing, or (2) your wife unofficially left you.

Poor Rix has been deserted by a number of girlfriends, often in the middle of a date. Some offered explanations like "I left the water running in the sink," or "I think I'm about to throw up."

Poor Rix doubted the throwing up excuse. But three minutes later, Poor Rix regretted that. Dear Poor Rix: I would like to run for the legislature when I graduate from school. How do I get started? - Student Body President

Poor Rix congratulates you on your decision to serve constituents. Some people just want to be politicians.

Poor Rix never ran for anything at school, except the door when the teacher hollered "Recess!" But here's what friends tell me about politics:

How much money do you need? About three gazillion dollars. This allows you to print campaign posters, buy advertising time, and hire a crowd to show up for your first few speeches.

The fastest way to raise cash is from affluent relatives. Poor Rix used to get rent money from distant cousins by threatening to come live in their guest rooms.

Or, you can gather funds by going door-to-door. Some people call this "building grassroots support." Others call it "begging."

Few candidates run unopposed. Therefore, it's helpful to join a party. Which one? Poor Rix attends all parties, especially ones with ice sculptures on the food table.

During a campaign, you may be forced to debate your competitor. At the debate, respectfully refer to him as "my worthy opponent," not "the slovenly pervert sitting next to me."

Once elected, some legislators serve multiple terms, and eventually

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retire. A few retire when they take office.

What's the difference between a Recession and a Depression? - Student

Remember when you were in school? You'd go out to "recess," and when you came back to the classroom you'd be "depressed" because recess was over.

So...a Recession is when things look bad, but you're too busy playing to worry. A Depression is when a Recession looks good.

Hey, Poor Rix: What is the oldest domesticated animal? - Pet Fancier

Probably the dog, who bonded with humans over 12,000 years ago. The second animal domesticated was the Neanderthal bachelor. But many of them returned to the wild.

Poor Rix: I hate houseflies. How long do they live? - Fly Swatter

Far too long! Actually, the average fly lives only 15 days. But if he works out and stays away from insect sprays and bug-zappers, he might make it to 21.

Dear Poor Rix: What do you know about the best real estate buy ever made? - Land Owner

I suppose it would be Peter Minuet's 1636 purchase of Manhattan for \$24 plus some trinkets and beads. Coincidentally, Poor Rix spent the identical amount on his wife for our anniversary.

Poor Rix: What can you tell me about eye make-up? - Student

Historians say that the earliest eye glitter was made from lustrous, crushed beetle shells. People wore the shiny stuff awhile, but then it began to bug them.

Ancient cultures also prized early face powder, which contained lots of lead. They applied this deadly substance liberally to their faces and necks. This made them look good but feel bad. Sadly, many died. Maybe that's where we get the term "drop-dead gorgeous."

Poor Rix offers stupid answers to smart questions. E-mail him at rixquinn@charter.net.

## Grapevine Want Ads

**VOLUNTEERS WANTED for VVCC After School Program** to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

**A LITTLE GOES A LONG WAY.** The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture; writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.  
**GRAPEVINE DISPLAY ADVERTISING** new limited-time rates: Full Page \$60, 1/2 Page \$33.75, 1/4 Page \$18.75, 1/8 Page \$10, 1/12 Page \$8, 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details.  
**Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

## Visitation Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

**AUTOMOTIVE**  
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130  
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239  
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450  
TWAUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281  
**VALLEY AUTO & TRUCK SUPPLY** (Bill Conte), 2520 Bayshore Blvd., 239-5880  
**BANK**  
BANK OF AMERICA, 6 Leland Ave., 622-4501  
**BAKERS**  
CUNEO BAKERY, 96 Leland Ave., 239-6090  
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253  
**BARBERS**  
DeMASI'S BARBER SHOP, 35 Leland Ave.  
THE SHOP (JB), 178 Leland Ave., 239-6709  
**BEAUTICIANS**  
BOOY, SOUL & SPIRIT, 222 Leland Ave., 333-7261  
MAYMAY BEAUTY SALON, 60 Leland Ave., 337-9381  
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399  
NAILS BY JENNY, 50 Leland Ave., 333-6800 WHO'S BAD?, 224 Leland Ave., 657-3156  
**BLIND CLEANING**  
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506  
**BOARDING HOUSE**  
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693  
**BOOKKEEPERS**  
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927  
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333  
**CARPETS**  
HANSAAN INTERIORS, 41 Leland Ave., 333-6382  
**CASKETS**  
CASKETORIUM, INC., 93 Leland Ave., 585-3451  
**CHURCHES**  
CHURCH OF THE VISITATION, 855 Sunnydale Ave., 239-5850  
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.

**KOREAN FIRST PRESBYTERIAN CHURCH**, 333 Tunnel Ave., 468-1213  
**RIDGE VIEW UNITED METHODIST CHURCH**, 580 Leland Ave., 239-5457  
**ST. JAMES PRESBYTERIAN CHURCH**, 240 Leland Ave., 586-6381  
**VALLEY BAPTIST CHURCH**, 305 Raymond Ave., 467-6055  
**VISITATION CHINESE BAPTIST CHURCH**, 8 Desmond St., 333-4503  
**COFFEE**  
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309  
PICCOLO PETES EUROPEAN COFFEE, 2155 Bayshore Blvd., 467-2442  
**OAY CARE**  
CAROUSEL OAY CARE, 261 Hahn St., 469-5353  
**DENTIST**  
VISITATION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500  
**DEVELOPERS**  
VISITATION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 333 Schwinn St., 587-7895  
**ELECTRICAL**  
TATE ELECTRIC (Joel Tate), 467-4657  
**FLORISTS**  
IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145  
**GARDEN ORNAMENTS**  
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990  
**GROCERS**  
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240  
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300  
K.C. MARKET, 400 Wilde St., 467-3024  
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815  
M & M SHORT STOP, 2145 Geneva Ave., 585-0878  
PICCOLLO PETE, 2156 Bayshore Blvd., 468-6800  
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580

7-11, 2200 Bayshore Blvd., 468-8646  
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851  
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506  
SUPER FAIR MARKET, 2011 Leland Ave., 239-6856  
TEDDY'S MARKET, 298 Teddy Ave.  
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520  
**HERBS**  
SAY ON HERBS, 33-A Leland Ave., 333-7469  
**HYPNOTHERAPY**  
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631  
**INSURANCE**  
EDIE FEPPS (A.H.E. INSURANCE), 467-0236, fax 467-0276  
ROBERT LEHMAN, CLTC, CMFC, 333-0850  
ALICE L. WONG, 160A Leland Ave., 337-8811  
**KITCHEN CABINETS**  
LEE CHANG INTERNATIONAL, INC., 25 Leland Ave., 333-2730, fax 333-1706  
**LAUNDRY CLEANERS**  
BAY WASH, 44 Leland Ave.  
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467  
COIN WASH & ORY LAUNDRY, 186 Leland Ave.  
FORTY-NINER CLEANERS, 511 Leland Ave., 239-6418  
LELAND AVENUE CLEANERS, 1511 Leland Ave., 586-1412  
VALLEY LAUNDRY, 90 Leland Ave.  
VISITATION VALLEY LAUNDRY, 108 Leland Ave., 239-9030  
**LEARNING**  
3-IN-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555  
VISITATION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907  
VISITATION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-8320  
**LIBRARY**  
VISITATION VALLEY BRANCH, 45 Leland Ave., 239-5270  
**LODGING**  
THRIFT LODGE, 2011 Bayshore Blvd., 467-8811

**MANUFACTURER**  
NATIONWIDE PAPER, 345 Schwinn St., 586-9160  
**MEDICAL**  
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620  
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwinn St., Appointments 715-0310  
OR SAM HO, MD, 9 Sillman St. No. 4, 337-6135  
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)  
PORTOLA FOOT & ANKLE CLINIC (Dr. Ouyang Patel) 2858 San Bruno Ave., 467-7500  
**NOTARY**  
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900  
**ORGANIZATIONS**  
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689  
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700  
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwinn St., 584-4044  
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233  
LELAND HOUSE, 141 Leland Ave., 405-2000  
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001  
VISITATION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4899  
**PHARMACY**  
VISITATION VALLEY PHARMACY, 100 Leland Ave., 239-5811  
**PHOTOGRAPHER**  
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620  
**PLUMBING**  
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401  
**POST OFFICE**  
VISITATION USPO, 68 Leland Ave., (800) 275-8777

**REAL ESTATE**  
Cathy Mine Saunders (Zephyr Real Estate), 215 West Portal Ave., 731-5011, fax 163  
**RESTAURANTS**  
CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd., 330-0736, fax 330-9813  
4 EVERYDAY PEOPLE, 107 Leland Ave., 308-5673  
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283  
SUN FAIR RESTAURANT, 30 Leland Ave., 587-2763  
LUAN FAT BAKERY, 110 Leland Ave., 585-1167  
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252  
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141  
TWO JACKS RESTAURANT, 167 Leland Ave., 337-0433  
Y & G RESTAURANT, 73 Leland Ave., 469-5686  
**SCULPTOR**  
CARTORIGINALS (Mikel Carter), 2 Hahn St., 239-4138  
**SELF-DEVELOPMENT**  
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608  
**SERVICE PROVIDERS**  
THE VILLAGE, 333 Schwinn St., 239-5045  
VISITATION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING (M.BESS), 120 Leland Ave., 586-7347  
VISITATION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400  
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, fax 586-8027  
VISITATION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwinn St., 239-2866  
**SIGNS**  
SMITH'S SIGNS, 153 Leland Ave., 333-2700  
**TAILOR**  
THE CLUB HOUSE, 25 Blanken Ave.  
**TELEPHONE**  
D & W WIRELESS, 78 Leland Ave., 452-4139  
**VARIETY**  
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923  
**VIDEO**  
No. 1 VIDEO RENTAL, 144 Leland Ave., 586-1038

## Protecting Children from Internet Predators

by CA Attorney General Bill Lockyer

If your children have access to the Internet, they have access to child molesters. These predators pose as peers or confidants, and lure their unsuspecting victims with promises of friendship or material goods. Tragically, too often, it works.

Last year, my office initiated an investigation of a 28-year-old man in the Chico area who was searching the Internet for children to molest.

The man's pattern was to spend six to eight hours a day online in "chat" rooms. In many of these chat rooms, he traded and received child pornography. He acknowledged to an undercover agent that he sexually abused a teenage girl, who has said that he first molested her when she was only 14. He also attempted to set up the girl for sexual relationships with other adults on the Internet.

Shortly after this investigation was initiated, the Sacramento Valley Sexual Assault Felony Enforcement (SAFE) Task Force, a partnership between my California Bureau of Investigation, the FBI and the U.S. Attorney's Office, Eastern District of California, was created to catch predators before they have a chance to victimize more children. The Task Force took over the Chico investigation.

After many unsuccessful efforts to draw this child molester out, the agents secured permission for electronic surveillance of his telephone line. During the 19 days that his line was monitored, he was intercepted in sexually explicit "chat" with 16 different minors in various stages of "grooming." He was caught making plans to travel for the purpose of molesting two of the minors identified, and in aggressive trading of child pornography.

The suspect was arrested in September of last year, and is

currently awaiting trial in Sacramento. The forensic examination of his computer alone found approximately 5,000 images and 200-300 videos of child pornography. Every time such an image is sent over the Internet these children are sexually exploited over again.

Preventing children from falling prey to child molesters takes the sharp eyes and keen awareness of all of us. Parents can play a major role in protecting children from sexual predators on the Internet by following these guidelines developed by American Prosecutor's Research Institute:

\*Set up guidelines that deal specifically with meeting people on the Internet. Talk to your children about what to do if their new Internet "friend" asks to see them in person, or wants them to send pictures of themselves.

\*Teach your children not to give out personal information, such as name, address, telephone number or school attended, even if their new e-mail pal seems to be friendly, or a "cool" web site offers them a free gift for the information.

\*Encourage your children to come to you if they are receiving messages that make them feel uncomfortable. Tell them to save the messages for you to read and handle in an appropriate manner.

\*Keep the computer in a high-traffic part of the house such as the living room, where you can easily monitor your children's activities.

\*Notify law enforcement of any attempts by others to meet your child, secure photos or have inappropriate sexual conversation. If possible, save the conversation text to assist law enforcement in an investigation and possible prosecution.

For additional information, visit [www.safestate.org](http://www.safestate.org), and read Hi-Tech Crime at [www.safestate.org/shop/files/Hi-Tech\\_Crimes.pdf](http://www.safestate.org/shop/files/Hi-Tech_Crimes.pdf).

## Rebuilding Together at Visitacion Valley Community Center



Volunteers at WVCC await their early morning assignments.



Plenty of gardening in front of 50 Raymond Avenue.



A fresh coat of paint for the WVCC second floor hallway.

More than 150 volunteers gardening and spruce-up the premises. They began working at 7 a.m. and never stopped until early evening, even cooking their own barbecued burgers and hot dogs for lunch.

This wonderful happening was part of an annual work day for Rebuilding Together San Francisco, which benefits community facilities, as well as low income and elderly residents living in their own homes.

## Composting and Organic Gardening Classes in June

Following are classes held at the Garden for the Environment, 7th Avenue at Lawton Street. Call 415.731.5627 for more information or to pre-register.

\*Summer Composting: Saturday, June 5, 10 a.m.-12 noon. Turn your yard waste into rich soil for your plants. Learn how to turn that garbage into garden gold! Garden for the Environment, 7th Ave. at Lawton St. Free!

\*Urban Gardening Internship:

begins Saturday, June 5. This 10 week internship includes: Green Gardening, Pruning, and Propagation.

\*Gardening in Schools: Saturday, June 12, 10 a.m.-12 noon. Learn how to incorporate children into your gardening activities in school or home gardens. Discussions will be on fun learning experiences for children and ways to keep them engaged in the garden.

of funds, kids are free.

\*Celebrate the Summer Solstice!: Saturday, June 19, 5-7 p.m. Everyone is invited to the Garden to enjoy the bounty of summer and the community that the garden makes possible. BBQ and beverages provided. Please bring desserts and salads to share as well as your own plate and utensils. (A \$5 donation is greatly appreciated to support the garden).

# Family/Community Services Center

Visitacion Valley Community Center, Inc.



**Classes at  
Visitacion Valley Community Center,  
50 Raymond (Ceramic Room)  
(Intake at 4:30 p.m.)**

**Parenting Education Class  
Every Monday, 5:30-7p.m.**

**Men's Support Group: (52 Weeks)  
Every Tuesday & Thursday, 6-8p.m.**

**Women's Support Group: (52 Weeks)  
Every Wednesday, 6-8 p.m.**

For more information,  
please contact the following  
staff members at (415) 586-6998:  
Meriam T. Abalos, FCSC Coordinator  
Marianna Y. Chan, Marichelle Pecson  
Michelle Lau, MSW  
Lateka Hampton, Joanna Wong

Open:

Monday and Friday: 9 a.m. - 4:30 p.m.

Tuesday, Wednesday, Thursday: 9 a.m. - 7 p.m.

Saturday: 9 a.m. - 3:30 p.m.

**Cantonese Kinship Caregivers Support Group  
Tuesday, June 1, 8, 15, 22 and 29, 1:30-3 p.m.  
at 50 Raymond Ave. (Ballroom)  
Refreshments and Childcare will be provided!**

**Parent's Advisory Council Meeting  
Friday, June 4, 5:30-6:30 p.m. at 325 Leland Ave.**

**Infant Brain Development Workshop, Friday, June 18,  
5:30-7 p.m. at 325 Leland Ave.**

**Fathers' Support Group, Saturday, June 19,  
11a.m.- 12 noon at 161 Leland Ave.**

**Training to Parents with Children Special Needs,  
Friday, June 25, 5:30-6:30 p.m. at 50 Raymond Ave.**

**Parent's Support Group, Saturday, June 26,  
10:30-11:30a.m. at 161 Leland Ave.**

*Lunch and Childcare will be provided!*

**Free Grocery Pantry Distribution from 12:30 to 2:15 p.m.,  
Saturdays, June 5, 12, 19 and 26 at 161 Leland Ave.**

*Pre-registration 10 a.m. to 4:30 p.m.: Tuesday and Thursday at 333 Schwerin St;  
Monday and Wednesday at 161 Leland Ave.*

**161 Leland Avenue**

**(415) 586-6998 Fax 586-8027**